

How Many Fruits and Vegetables Do Adults Need?

Step 1. To find your activity level, answer this question. Check one box.

How many minutes of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics or yard work) do you do in addition to your normal daily routine, most days?

- ☐ **Less than 30 minutes** → Your activity level is sedentary.
☐ **30-60 minutes** → Your activity level is moderately active.
☐ **More than 60 minutes** → Your activity level is active.

Step 2. Use this chart to find your daily calorie need for your gender, age, and activity level.

To lose weight, you can eat less calories, be more physically active or both.

For example: A 50 year old sedentary female, needs 1,800 daily calories. To lose weight, she could choose to cut back her calories, be more active, or best of all, a little of both.

Daily Calorie Need

Gender	Age	Activity Level		
		Sedentary	Moderately Active	Active
Female	18	1,800	2,000	2,400
	19-25	2,000	2,200	2,400
	26-30	1,800	2,000	2,400
	31-50	1,800	2,000	2,200
	51-60	1,600	1,800	2,200
Male	61+	1,600	1,800	2,000
	18	2,400	2,800	3,200
	19-25	2,400	2,800	3,000
	26-30	2,400	2,600	3,000
	31-35	2,200	2,600	3,000
	36-45	2,200	2,600	2,800
	46-50	2,200	2,400	2,800
	51-55	2,000	2,400	2,800
	56-65	2,000	2,400	2,600
	66-75	2,000	2,200	2,600
	76+	2,000	2,200	2,400

Step 3. Find your calorie level in the first column of this chart. Read across the row to find your daily fruit and vegetable need – in cups.

To learn a simple way to estimate how much you are eating, get a copy of "What does a tennis ball have to do with fruits and vegetables."

All the information in this handout is based on www.mypyramid.gov.

Daily Fruit and Vegetable Need

Daily Calories	Fruits (cups)	Vegetables (cups)	Total (cups)
1,600	1½	2	3½
1,800	1½	2½	4
2,000	2	2½	4½
2,200	2	3	5
2,400	2	3	5
2,600	2	3½	5½
2,800	2½	3½	6
3,000	2½	4	6½
3,200	2½	4	6½

How Many Fruits and Vegetables Do Boys Need?

Step 1. To find the activity level, answer this question. Check one box.

How many minutes of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics or yard work) does the boy do in addition to your normal daily routine, most days?

- ☐ **Less than 30 minutes** → Your activity level is sedentary.
- ☐ **30-60 minutes** → Your activity level is moderately active.
- ☐ **More than 60 minutes** → Your activity level is active.

Step 2. Use this chart to find his daily calorie need for his age and activity level.

Daily Calorie Need

Age	Activity Level		
	Sedentary	Moderately Active	Active
2	1,000	1,000	1,000
3	1,000	1,400	1,400
4-5	1,200	1,400	1,600
6-7	1,400	1,600	1,800
8	1,400	1,600	2,000
9	1,600	1,800	2,000
10	1,600	1,800	2,200
11	1,800	2,000	2,200
12	1,800	2,200	2,400
13	2,000	2,200	2,600
14	2,000	2,400	2,800
15	2,200	2,600	3,000
16-18	2,400	2,800	3,200

Step 3. Find his calorie level in the first column of this chart. Read across the row to find his daily fruit and vegetable need – in cups.

To learn a simple way to estimate how much you are eating, get a copy of "What does a tennis ball have to do with fruits and vegetables."

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Daily Fruit and Vegetable Need

Daily Calories	Fruits (cups)	Vegetables (cups)	Total (cups)
1,000	1	1	2
1,200	1	1½	2½
1,400	1½	1½	3
1,600	1½	2	3½
1,800	1½	2½	4
2,000	2	2½	4½
2,200	2	3	5
2,400	2	3	5
2,600	2	3½	5½
2,800	2½	3½	6
3,000	2½	4	6½
3,200	2½	4	6½



How Many Fruits and Vegetables Do Girls Need?

Step 1. To find the activity level, answer this question. Check one box.

How many minutes of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics or yard work) does the girl do in addition to her normal daily routine, most days?

- ☐ **Less than 30 minutes** → Your activity level is sedentary.
- ☐ **30-60 minutes** → Your activity level is moderately active.
- ☐ **More than 60 minutes** → Your activity level is active.

Step 2. Use this chart to find her daily calorie need for her age and activity level.

Daily Calorie Need

Age	Activity Level		
	Sedentary	Moderately Active	Active
2	1,000	1,000	1,000
3	1,000	1,200	1,400
4	1,200	1,400	1,400
5-6	1,200	1,400	1,600
7	1,200	1,600	1,800
8-9	1,400	1,600	1,800
10	1,400	1,600	2,000
11	1,600	1,800	2,000
12-13	1,600	2,000	2,200
14-18	1,800	2,000	2,400

Step 3. Find her calorie level in the first column of this chart. Read across the row to find her daily fruit and vegetable need – in cups.

To learn a simple way to estimate how much you are eating, get a copy of "What does a tennis ball have to do with fruits and vegetables."

Daily Fruit and Vegetable Need

Daily Calories	Fruits (cups)	Vegetables (cups)	Total (cups)
1,000	1	1	2
1,200	1	1½	2½
1,400	1½	1½	3
1,600	1½	2	3½
1,800	1½	2½	4
2,000	2	2½	4½
2,200	2	3	5
2,400	2	3	5

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